







Catholic Charities Enterprises: Congregate Meal Service - September 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Labor Day</div><div></div></div> <div>2</div>	<div><div>Stuffed Pepper 1 each Wild Rice Blend Glazed Carrots Lima Beans Raisin Bread Slice Margarine Applesauce</div><div>Vegetarian: BeefLess Strips w/ Gravy</div></div> <div>3</div>	<div><div>Shredded BBQ Chicken Roasted Potatoes Broccoli Spinach Salad w/ Dressing Corn Muffin Margarine Grape Juice</div><div>Vegetarian: BBQ Tofu</div></div> <div>4</div>	<div><div>Tuna Salad on Marble Rye Pasta Salad Cucumber and Tomato Salad Italian Wedding Soup Crackers Mayo/Mustard Packets Tropical Fruit Cup</div><div>Vegetarian: Egg Salad Sandwich</div></div> <div>5</div>	<div><div>Pepper Steak w/ Gravy Mashed Potatoes Collard Greens Caesar Salad w/ Dressing Dinner Roll Margarine Orange juice</div><div>Vegetarian: Veggie Burger</div></div> <div>6</div>
<div><div>Beef Hamburger w/ Cheese Steak Fries Cole Slaw Tossed Salad w/ Dressing Wheat Bun Mustard/ Mayo/Ketchup Apple Juice</div><div>Vegetarian: BeefLess Patty</div></div> <div>9</div>	<div><div>Sweet and Sour Chicken Fried Rice Oriental Blend Vegetables Carrot Raisin Salad Multigrain Bread Slice Margarine Fruit Cup</div><div>Vegetarian: Sweet and Sour ChixLess Nuggets</div></div> <div>10</div>	<div><div>Crab Cake Warm Pasta Salad Squash Medley Spinach Salad w/ Dressing Pumpernickel Bread Slice Margarine Grape Juice</div><div>Vegetarian: Garden Burger</div></div> <div>11</div>	<div><div>Beef Ribs w/ Gravy Baked Potato w/ Sour Cream Carrots Chicken Noodle Soup Crackers Margarine Mandarin Oranges</div><div>Vegetarian: BeefLess Burger w/ Gravy</div></div> <div>12</div>	<div><div>Baked Fish with Herb Sauce Parslied Egg Noodles Asparagus Tips Caesar Salad w/ Dressing Corn Muffin Margarine Orange juice</div><div>Vegetarian: Tofu Scramble</div></div> <div>13</div>
<div><div>Beef Meatballs in Tomato Sauce Spaghetti Cauliflower Broccoli Blend Tossed Salad w/ Dressing Raisin Bread Slice Margarine Apple Juice</div><div>Vegetarian: Pasta w/ Veggie Crumbles</div></div> <div>16</div>	<div><div>BBQ Beef on Bun Baked Beans Broccoli Cole Slaw Wheat Bun Mayo/Mustard Packets Peach Cup</div><div>Vegetarian: BBQ BeefLess Patty</div></div> <div>17</div>	<div><div>Tuna Salad Green Bean Vinagrette Pickled Sliced Beets Spinach Salad w/ Dressing Pita Bread Mayo/Mustard Packets Grape Juice</div><div>Vegetarian: Egg Salad</div><div></div></div> <div>18</div>	<div><div>Oven Fried Chicken Potato Salad Corn Garden Vegetable Soup Crackers Margarine Cinnamon Applesauce</div><div>Vegetarain: ChixLess Patty</div></div> <div>19</div>	<div><div>Turkey and Cheese Sandwich Macaroni Salad Carrot Raisin Salad Caesar Salad w/ Dressing Marble Rye Bread Mayonnaise/Mustard Packet Orange juice</div><div>Vegetarian: Hummus and Veggie Sandwich</div></div> <div>20</div>
<div><div>Meatloaf w/ Gravy Baked Potato w/ Sour Cream Carrots Tossed Salad w/ Dressing Corn Muffin Margarine Apple Juice</div><div>Vegetarian: Veggie Patty</div></div> <div>23</div>	<div><div>Crab Cake Rice Pilaf Spinach Corn Salad Rye Bread Slice Margarine Tropical Fruit Cup</div><div>Vegetarian: Tofu Scramble</div></div> <div>24</div>	<div><div>Sloppy Joe Potato Wedges Squash Medley Spinach Salad w/ Dressing Wheat Bun Mustard, Ketchup Packet Grape Juice</div><div>Vegetarian: Sloppy Joe w/ Veggie Crumbles</div></div> <div>25</div>	<div><div>Chicken Salad on Wheat Bread Pasta Salad Green Bean Salad Split Pea Soup Crackers Mayonnaise/Mustard Packet Applesauce</div><div>Vegetarian: ChixLess Salad</div></div> <div>26</div>	<div><div>Salisbury Steak w/ Gravy Mashed Potatoes Collard Greens Caesar Salad w/ Dressing Multigrain Bread Slice Margarine Orange juice</div><div>Vegetarian: BeefLess Patty w/ Veggie Gravy</div></div> <div>27</div>
<div><div>Beef Hot Dog Cole Slaw Baked Beans Tossed Salad w/ Dressing Wheat Hot Dog Bun Mustard/Ketchup/Relish Apple Juice</div><div>Vegetarian: Garden Burger</div></div> <div>30</div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

1% Milk served with all meals.